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ABSTRACT

This document contains supplementary material related to acquired immune deficiency syndrome (AIDS) to accompany New York City public schools' Family Living including Sex Education programs. It presents the concept that sexual health care is the responsibility of each individual. A teacher information section provides information on AIDS. Strategies are included to help teach junior high school students to recognize the unique factors associated with AIDS. Two junior high school level lessons and activity sheets are provided. Strategies are also included to increase the understanding of high school students of AIDS as a social and medical problem. Two high school level lesson plans and activities are given. An appendix provides AIDS resource information, including lists of hotlines, printed information, and speakers. (NB)

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Supplementary Material related to

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CONCEPT: ***Sexual health care is the responsibility of each individual***

Teacher Information:

AIDS

Acquired Immune Deficiency Syndrome (AIDS):

A condition in which the body's immune system against many infections, cancers, and other opportunistic diseases is destroyed.

This fatal condition causes the person to succumb to a variety of diseases that invade the body as a result of the immune deficiency. The two major diseases are *Kaposi's sarcoma* (a form of cancer) and *Pneumocystis carinii* (a form of pneumonia). Current research has led scientists to believe that a virus named HIV causes the damage to the immune system.

HIV (Human Immunodeficiency Virus) is a *retrovirus*, a member of a family of viruses which cause human disease. It infects the immune system's T-lymphocytes, a class of white blood cells that fights parasites, certain viruses and fungi. As with other viruses, not everyone who is exposed to the virus develops AIDS or other AIDS-related illensses. Therefore, other factors, still being studied, can contribute to AIDS and need to be present before AIDS can develop.

AIDS can be difficult to diagnose because its early manifestations often mimic less serious illnesses, such as colds or flu. The unexplained presence of the following symptoms for three months or longer indicates medical investigation for AIDS: fatigue/malaise; fevers/night sweats; weight loss of more than 10 pounds; diarrhea; and swollen glands. The presence of two or more of these clinical signs/symptoms plus two or more laboratory findings consistent with AIDS puts an individual in a diagnostic category called AIDS-related complex (ARC). Not everyone with ARC will develop AIDS; however, those with ARC are at high risk for developing AIDS-related illnesses. Additional AIDS symptoms may include purplish or discolored lesions on the skin or mucous membranes that do not go away; thrush (a whitish thick coating on the tongue or throat); and easy bruising or unexplained bleeding. Note that some patients show no early signs of AIDS.

AIDS first appeared in 1978 and was identified as a separate disease entity in 1981. After exposure, the virus can incubate anywhere from 6 months to 5 years or more. Those at highest risk of contracting the disease are gay and bisexual men with multiple sex partners and male and female IV drug users who share needles, syringes, and other drug paraphernalia. Other groups at risk are the sexual partners of and infants born to people in the above high-risk groups and persons who received infected blood or blood products prior to April 1985.

The HIV virus is *not* transmitted through casual contact. Studies of people with AIDS reveal that transmission takes place via sexual exposure to infected blood and semen, injecting the virus into the bloodstream (usually when intravenous drug users share drug paraphernalia), and during pregnancy if the mother is infected with HIV. Although HIV has been found in other body fluids, there is no evidence that people with AIDS have contracted the disease by exposure to infected bodily fluids, i.e., saliva, tears, or sweat. At this time, there is no evidence of sexual transmission of HIV from woman to woman. Sexual transmission from female to male has been reported in a few cases. The predominant form of sexual transmission is anal intercourse, during which infected semen goes directly into the blood stream via abrasions in the anal mucous membranes.

There is no cure for AIDS. There is no blood test for AIDS. Currently, however, there is a blood test to detect the presence of antibodies to HIV. Antibodies are special proteins which the body produces when it comes into contact with a toxic or foreign substance (antigen). The HIV antibody test has been used since April, 1985 to screen all donated blood. The test can

also indicate whether, at some time in the past, an individual has been exposed to HIV. This information may be helpful to people who may have been infected in the past, so they can protect themselves and others from infection. People who are thinking about conceiving a child and are concerned that they might be infected may want to know their antibody status. The conclusions that can be drawn from positive reactions to this test are still under debate; therefore, the test is not recommended for clinical diagnosis. However, it is being used to screen for transfusions and other uses of blood products. In the absence of a vaccine against HIV, it is imperative to take precautions. As with any sexually related diseases, abstinence is the best protection. Avoiding high-risk sexual behavior and/or avoiding the use of IV drugs reduces the threat of exposure to the virus. In addition, the use of condoms in all forms of sexual intercourse and avoidance of anal intercourse or other sexual practices that may damage tissue and allow easy entry to the virus will help stem the transmission of the virus.

For further information about medical services for the diagnosis and treatment of AIDS, consult your physician. For confidential information on any issues related to AIDS, call the New York City Department of Health AIDS Information Hotline, 718-485-8111. The Hotline is staffed by trained counselors and is open from 9:00 a.m. to 9:00 p.m. Monday through Saturday.

CONCEPT: ***Sexual health care is the responsibility of each individual.***

Expected Outcome: To recognize the unique factors associated with AIDS.

Motivation: You've heard or read a lot about AIDS. Do you think you can become infected with AIDS? How?

Strategies: **Define**: What is AIDS? What kind of organism causes AIDS?

Identify: Who is at risk for AIDS?

Discuss:

- How is the virus spread?
- How is drug use related to AIDS?

List: the things you can do to prevent being infected with the virus.

Discuss: How can AIDS be transmitted to an unborn child?

Compare: AIDS to other Sexually Transmitted Diseases. (See page 94.)

Design: a poster warning teens about the connection between intravenous drug use and AIDS.

Junior High School Lesson 1

AIM: What is AIDS?

PERFORMANCE OBJECTIVES: Students will be able to:

- identify the cause of AIDS.
- describe the symptoms of AIDS.
- recognize that the majority of people infected with HIV show no symptoms.

SPRINGBOARD:

- There has been a lot of discussion about AIDS. What feelings do you have about this subject?

- How many of you can explain what AIDS is?

DEVELOPMENT:

- Call on volunteers to explain what they think AIDS is. Supplement student information with the following explanation:

  - Let's write down what AIDS stands for.

    Acquired Immune Deficiency Syndrome

  - Let's take each word and define it scientifically.

- Use student answers, but add the significant information from the definitions below.

  Acquired — not hereditary
  (Color of eyes, curly or straight hair are inherited or genetic characteristics.)

  Immune — the body's defense against disease
  (White blood cells called lymphocytes are the main part of the immune system. These blood cells are like soldiers fighting against disease.)

  Deficiency — lacking
  (In AIDS the lymphocytes which fight disease are overpowered by other cells. The "soldiers" become too few or too weak to fight disease.)

  Syndrome — a number of symptoms occurring together characterizing a disease
  (Each symptom is like a piece of a puzzle, which when put together forms a picture.)

- Write these definitions on the chalkboard and have students copy them.

  - From these definitions can you explain what AIDS is? (A pattern of disease symptoms which shows the body's immune system is not working. AIDS is not inherited.)

- Distribute Activity Sheet 1. Ask students to read the questions and answers. Discuss student answers to questions on the Activity Sheet.

1. What is the cause of AIDS?

   The HIV virus has been identified as the probable cause of AIDS.

2. What is the difference between common cold or flu symptoms and symptoms of AIDS?

   AIDS symptoms continue for many months.

3. Why can it be said that no one dies from the virus that causes AIDS?

   People do not die from the virus (HIV); they die from diseases which their immune systems cannot overcome.

FOLLOW-UP ACTIVITY:

Read or listen to a current news story on AIDS and summarize any information on the transmission of the HIV virus. If the news story doesn't give any information about the transmission of AIDS, summarize the main points of the story.

Common Questions and Answers About AIDS

QUESTION: What is AIDS?

ANSWER: AIDS stands for Acquired Immune Deficiency Syndrome. When a person is infected with HIV (Human Immunodeficiency Virus) virus, the virus attacks certain lymphocytes (white blood cells) and weakens the person's immune system. If the system is severely weakened the person may get diseases that the body cannot fight off. When certain unusual diseases develop, the person is diagnosed as having AIDS. Two illnesses that commonly develop in people with AIDS are Kaposi's sarcoma, a form of skin cancer, and Pneumocystis carinii, a rare form of pneumonia. The inability to fight off these serious diseases is usually the reason that people with AIDS die.

QUESTION: What are the symptoms of AIDS?

ANSWER: Some of the common symptoms associated with AIDS are similar to many other conditions. Symptoms include:

- persistent fatigue
- swollen lymph glands
- recurrent night fever including "night sweats"
- rapid weight loss for no apparent reason (more than 10 lbs. in two months)
- recent appearance of purplish or discolored lesions of the skin or mucous membranes that do not go away
- persistent unexplained cough
- a whitish coating on the tongue and throat
- easy bruising or unexplained bleeding

Many people become frightened unnecessarily when they have these symptoms. In most cases these symptoms may only mean a cold or flu. However, if the preceding symptoms persist, a physician should be consulted.

QUESTION: Does everyone who is infected with the HIV virus get AIDS?

ANSWER: No. Some people infected with the virus get a milder illness called ARC (AIDS Related Complex). It appears that at least 25% of people infected with the virus will progress to AIDS within five years of infection. Some of these people get ARC first and then progress to AIDS; others do not show any symptoms for months or years, and then may develop AIDS.

QUESTION: Is there a cure for AIDS?

ANSWER: At present there is no cure for AIDS. Scientists are working in many directions. Some are experimenting with ways to kill the virus or to block its effects. Others are looking for ways to strengthen the body's immune system. Still others are trying to cure the opportunistic diseases that make up the AIDS syndrome.

Directions: Answer the following questions based on the reading.

1. What is the cause of AIDS?_____

2. What is the difference between common cold or flu symptoms and symptoms of AIDS?_____

Junior High School Lesson 2

AIM: Who gets AIDS, and how?

PERFORMANCE OBJECTIVES: Students will be able to:

. identify who is at risk for AIDS.
. explain how AIDS is transmitted.

SPRINGBOARD:

- Now that you know more about AIDS, do you think you can become infected with AIDS? Why or why not?

DEVELOPMENT:

. List some myths and facts about AIDS on the chalkboard.
  Examples:
  - The HIV virus affects the red blood cells.
  - Not everyone who gets the HIV virus will die from AIDS.
  - If you play with a child who has AIDS you will get AIDS.
  - Today, the chances of contracting AIDS through blood transfusions are rare.
  - Everybody in the general population has the same chance of getting AIDS.
  - There is no way to prevent getting the HIV virus.
  - Early symptoms of AIDS may be similar to those for a severe cold.

. Ask students to add true or false statements to the above list. Place these on the chalkboard also. Instruct the students not to tell whether their statement is true or false.

. Ask students which statements are true and which are false, and record numbers of student answers.

. Distribute Activity Sheet 2 and ask students to read the selection. Explain that, based on this reading and the previous lesson, they are to explain why each statement is true or false.

. Discuss the information which supports the correct answers.

FOLLOW-UP ACTIVITY:

. Ask students to compare and contrast the ways in which AIDS is transmitted with other sexually contracted diseases.

Junior High School Activity Sheet 2

Turn in Your Fear for Facts

QUESTION: Can AIDS be caught in casual contact, such as kissing, hugging, sharing toothbrushes?

ANSWER: No. AIDS cannot be transmitted by casual contact. Children who have been born with the HIV virus have not infected their brothers, sisters, and other family members. AIDS has not been passed by any infected child to any other children, even when an infected child has shared food with other children, has kissed and hugged them, and has used the same toothbrush.

QUESTION: Who is at risk for getting AIDS?

ANSWER: People who become infected with AIDS belong to one of five risk groups. Those at risk are gay and bisexual men with many sex partners and intravenous drug users who share needles and other drug paraphernalia. Another group consists of a very small number of people who received infected blood and blood products in the past. The next group consists of the sexual partners of the above. The final group is newborns whose mothers passed the infection on to them during pregnancy.

QUESTION: How is AIDS spread?

ANSWER: The most common way of contracting the HIV virus is through sexual intercourse with an infected person. The other common way of transmitting the virus is through sharing needles and other drug "works" such as syringes, eyedroppers, cotton and water, which become contaminated with infected blood when injecting drugs.

QUESTION: Can AIDS be transmitted by blood transfusion?

ANSWER: Although there is no blood test for AIDS, in April, 1985 a test was developed which shows whether or not antibodies to the HIV virus are present in a blood sample. All blood donations are tested. The blood samples which show antibodies to the HIV virus are not used for blood transfusions. The blood supply is safer than it has ever been.

QUESTION: How can people protect themselves from the HIV virus?

ANSWER: There is virtually <u>no</u> risk of getting AIDS for people not engaging in sexual intercourse and not using intravenous drugs. For people engaged in sexual activity, the risk of AIDS is reduced to a minimum by the following precautions: use a condom during sexual intercourse; avoid high-risk sexual behaviors, such as intercourse which damages the mucous membranes.

QUESTION: Are there special precautions people should take before conceiving a child?

ANSWER: People who are in risk groups or fear that they have been exposed to the HIV virus should consult their physician and discuss their concerns openly and honestly. Through counseling and examinations, and laboratory testing if indicated, couples can then make informed decisions as to whether they should become parents.

QUESTION: Where can I get more information?

ANSWER: For more information or any information related to AIDS, consult your family, school counselor, health professionals, or clergy. Call the New York City AIDS Information Hotline (718)485-8111 Monday through Saturday, 9:00 AM to 9:00 PM.

CONCEPT: ***Sexual health care is the responsibility of each individual***

Teacher Information:

AIDS

Acquired Immune Deficiency Syndrome (AIDS):

A condition in which the body's immune system against many infections, cancers, and other opportunistic diseases is destroyed.

This fatal condition causes the person to succumb to a variety of diseases that invade the body as a result of the immune deficiency. The two major diseases are *Kaposi's sarcoma* (a form of cancer) and *Pneumocystis carinii* (a form of pneumonia). Current research has led scientists to believe that a virus named HIV causes the damage to the immune system.

HIV (Human Immunodeficiency Virus) is a *retrovirus*, a member of a family of viruses which cause human disease. It infects the immune system's T-lymphocytes, a class of white blood cells that fights parasites, certain viruses and fungi. As with other viruses, not everyone who is exposed to the virus develops AIDS or other AIDS-related illensses. Therefore, other factors, still being studied, can contribute to AIDS and need to be present before AIDS can develop.

AIDS can be difficult to diagnose because its early manifestations often mimic less serious illnesses, such as colds or flu. The unexplained presence of the following symptoms for three months or longer indicates medical investigation for AIDS: fatigue/malaise; fevers/night sweats; weight loss of more than 10 pounds; diarrhea; and swollen glands. The presence of two or more of these clinical signs/symptoms plus two or more laboratory findings consistent with AIDS puts an individual in a diagnostic category called AIDS-related complex (ARC). Not everyone with ARC will develop AIDS; however, those with ARC are at high risk for developing AIDS-related illnesses. Additional AIDS symptoms may include purplish or discolored lesions on the skin or mucous membranes that do not go away; thrush (a whitish thick coating on the tongue or throat); and easy bruising or unexplained bleeding. Note that some patients show no early signs of AIDS.

AIDS first appeared in 1978 and was identified as a separate disease entity in 1981. After exposure, the virus can incubate anywhere from 6 months to 5 years or more. Those at highest risk of contracting the disease are gay and bisexual men with multiple sex partners and male and female IV drug users who share needles, syringes, and other drug paraphernalia. Other groups at risk are the sexual partners of and infants born to people in the above high-risk groups and persons who received infected blood or blood products prior to April 1985.

The HIV virus is *not* transmitted through casual contact. Studies of people with AIDS reveal that transmission takes place via sexual exposure to infected blood and semen, injecting the virus into the bloodstream (usually when intravenous drug users share drug paraphernalia), and during pregnancy if the mother is infected with HIV. Although HIV has been found in other body fluids, there is no evidence that people with AIDS have contracted the disease by exposure to infected bodily fluids, i.e., saliva, tears, or sweat. At this time, there is no evidence of sexual transmission of HIV from woman to woman. Sexual transmission from female to male has been reported in a few cases. The predominant form of sexual transmission is anal intercourse, during which infected semen goes directly into the blood stream via abrasions in the anal mucous membranes.

There is no cure for AIDS. There is no blood test for AIDS. Currently, however, there is a blood test to detect the presence of antibodies to HIV. Antibodies are special proteins which the body produces when it comes into contact with a toxic or foreign substance (antigen). The HIV antibody test has been used since April, 1985 to screen all donated blood. The test can

also indicate whether, at some time in the past, an individual has been exposed to HIV. This information may be helpful to people who may have been infected in the past, so they can protect themselves and others from infection. People who are thinking about conceiving a child and are concerned that they might be infected may want to know their antibody status. The conclusions that can be drawn from positive reactions to this test are still under debate; therefore, the test is not recommended for clinical diagnosis. However, it is being used to screen for transfusions and other uses of blood products. In the absence of a vaccine against HIV, it is imperative to take precautions. As with any sexually related diseases, abstinence is the best protection. Avoiding high-risk sexual behavior and/or avoiding the use of IV drugs reduces the threat of exposure to the virus. In addition, the use of condoms in all forms of sexual intercourse and avoidance of anal intercourse or other sexual practices that may damage tissue and allow easy entry to the virus will help stem the transmission of the virus.

For further information about medical services for the diagnosis and treatment of AIDS, consult your physician. For confidential information on any issues related to AIDS, call the New York City Department of Health AIDS Information Hotline, 718-485-8111. The Hotline is staffed by trained counselors and is open from 9:00 a.m. to 9:00 p.m. Monday through Saturday.

CONCEPT: ***Sexual health requires responsibility to oneself, one's family, and society.***

Expected Outcome: To increase understanding of AIDS as a social and medical problem.

Motivation: What would you do if you found out your best friend had AIDS?

Strategies: **Identify:**

- the cause and methods of transmission of AIDS
- the groups at risk for AIDS

Define: ARC (AIDS-related complex). How is it related to AIDS?

Discuss:

- What can you do to avoid coming in contact with the HIV virus?
- What is the relationship between drug use and AIDS?
- Why should any prospective parents be concerned about AIDS? What precautions should they take?

React: To the statement, "The only way to stay safe from HIV infection is to put off intimate sexual relationships until after marriage and avoid using intravenous drugs." (The objective of this is to have students discuss decision-making factors related to sexual behavior and drug use.)

Research: Demographics and studies related to the transmission of AIDS.

Panel Discussion: After research, the class will roleplay journalists and ask the panel questions. Questions should focus on the HIV virus, vaccine development, population and numbers affected, and patterns of transmission.

Read and Discuss: Article: "Civil Rights Issues in AIDS Testing"

Debate: Should everyone be screened for HIV?

High School Lesson 1

AIM: What is AIDS and how is it transmitted?

PERFORMANCE OBJECTIVES: Students will be able to:

- identify the cause of AIDS.
- discuss the symptoms of AIDS.
- list the risk groups for contracting AIDS.
- identify ways to avoid contracting the HIV virus.

SPRINGBOARD:

- We have been hearing a lot about AIDS; what do we know about AIDS?

- Call on volunteers and put their ideas on the chalkboard in a semantic web.

- Guide students in categorizing ideas and information on AIDS into broad categories. Write these topics in outline form on the chalkboard. These should include: Cause of AIDS, Symptoms of AIDS, Means of Transmission, Risk Groups, Prevention, Screening Test.

DEVELOPMENT:

- Distribute Activity Sheet 1. Ask students to read "Turn in Your Fear for Facts" questions and outline the most important points under the category headings.

- Discuss and compile a class outline on the board and compare and contrast it to the original schematic.

- Ask students what new things they learned and have them correct and add to their own outlines.

FOLLOW-UP ACTIVITY:

- Read and bring to class an article on AIDS. Be prepared to discuss what moral and social issues are emerging in connection with AIDS.

Turn in Your Fear for Facts

QUESTION: What is AIDS?

ANSWER: AIDS stands for Acquired Immune Deficiency Syndrome. When a person is infected with the Human Immunodeficiency Virus (HIV), it attacks certain lymphocytes (white blood cells) and weakens the person's immune system. A person with AIDS does not die from the virus, but may die from the opportunistic infections that the body's immune system cannot fight. The two most common illnesses that people with AIDS develop are Kaposi's sarcoma, a form of skin cancer, and Pneumocystis carinii, a rare form of pneumonia which does not usually affect healthy people.

QUESTION: What are the symptoms of AIDS?

ANSWER: Some of the common symptoms of AIDS are:

- persistent fatigue
- swollen lymph glands
- recurrent night fever including "night sweats"
- rapid weight loss for no apparent reason (more than 10 lbs. in two months)
- recent appearance of purplish or discolored lesions of the skin or mucous membranes that do not go away
- persistent unexplained cough
- a whitish coating on the tongue and throat
- easy bruising or unexplained bleeding

Many people become frightened unnecessarily when they have these symptoms. In most cases these symptoms may only mean a cold or flu. However, if the preceding symptoms persist, a physician should be consulted.

QUESTION: Does everyone who is infected with the HIV virus get AIDS?

ANSWER: No. About 20% of people infected with the virus become ill with a milder AIDS-related illness (ARC) and never get AIDS. Another 6-10% of people infected with the virus get AIDS. Some of these people get ARC first and then go on to develop AIDS; others do not show any symptoms for months or years and then develop AIDS. The remaining 70-74% of those infected with the virus may never develop the condition or symptoms of AIDS.

QUESTION: Who is at risk for contracting AIDS?

ANSWER: People who become infected with the HIV virus belong to one of five risk groups. Those at risk are gay and bisexual men with many sex partners and intravenous drug users who share needles and other drug paraphernalia. Another group consists of a very small number of people under medical supervision who received

infected blood and blood products before blood screening began. The next group consists of the sexual partners of the above. The final group is newborns whose mothers passed the infection on to them in the womb or at birth.

QUESTION: Can AIDS be caught in casual contact, such as kissing, hugging, sharing toothbrushes?

ANSWER: AIDS cannot be transmitted by casual contact. Children who have been born with the HIV virus have not infected their brothers and sisters or other family members. AIDS has not been passed on by an infected child to any other children, even when an infected child has shared food with other children, has kissed and hugged them, and has used the same toothbrush.

QUESTION: Is the HIV virus being transmitted by blood transfusion?

ANSWER: Although there is no blood test for AIDS, in April 1985, a test was developed which shows whether or not antibodies to the HIV virus are present in a blood sample. Now blood donations are tested. The blood samples which show these antibodies are not used for transfusions. The blood supply is safer than it has ever been.

QUESTION: How is the HIV virus transmitted?

ANSWER: The most common way of contracting the HIV virus is through sexual intercourse. Any form of intercourse that ruptures mucous membranes or tissue--particularly anal intercourse--can transmit the HIV virus from semen to blood.

The other common way of transmitting the virus is through sharing needles and other intravenous drug paraphernalia contaminated with infected blood when injecting drugs. Drug abusers frequently draw out blood when removing the needle from a vein. This blood is then injected, along with the drug, when another person uses that needle or other paraphernalia, and the infected blood carries the virus to the next user.

The HIV virus can also be transmitted from an infected mother to her unborn child.

QUESTION: Is there a cure for AIDS?

ANSWER: At present there is no cure for AIDS. Scientists are working in many directions. Some are experimenting with ways to stop the HIV virus. Others are looking for ways to strengthen the body's immune system. Still others are trying to cure the opportunistic diseases that make up the AIDS syndrome.

QUESTION: How can people protect themselves from the HIV virus?

ANSWER: There is virtually no risk of contracting AIDS or an HIV infection if a person:
. does not engage in sexual intercourse.
. does not use illegal intravenous drugs.

In sexually active people the risk of AIDS is reduced to a minimum by taking the following precautions:
. use a condom during sexual intercourse;
. avoid high-risk sexual behaviors such as anal intercourse and any form of forceful intercourse which might damage tissues.

QUESTION: Are there special precautions people should take before conceiving a child?

ANSWER: People who are in risk groups or fear that they have been exposed to the HIV virus should consult their physician and discuss their concerns openly and honestly. Through counseling and examinations, and laboratory testing if indicated, couples can then make informed decisions as to whether they should become parents.

QUESTION: Where can I get more information?

ANSWER: For more information or any information related to AIDS, consult your family, school counselor, health professionals or clergy. Call the New York City AIDS Information Hotline (718)485-8111 Monday through Saturday, 9:00 AM to 9:00 PM.

High School Lesson 2

AIM: What are some of the problems raised by the HIV screening test?

PERFORMANCE OBJECTIVES: Students will be able to:

- summarize some of the civil rights issues involved in administering the screening test.
- explain why the New York City Department of Health finds that the general public would receive no benefit from public identification of people with AIDS or of people exposed to the HIV virus.

SPRINGBOARD:

- Almost every week television and newspapers have a story related to AIDS. For example, the military has decided to test all their personnel to determine who has been exposed to the HIV virus. Do you think the names of people who test positive should be available for public information?

DEVELOPMENT:

- Distribute Activity Sheet 2, "Civil Rights Issues in HIV Antibody Testing."
- Ask students to read the pages to find two reasons why the Department of Health has decided to keep information on HIV virus testing confidential.
- Ask volunteers to read and comment on these two reasons (underlined on first page of Activity Sheet 2).
- Divide the class into six groups. Explain that their role is to advise the Mayor on public policy. Assign group leaders who will report the groups' recommendations and their reasons for those recommendations to the class. Two groups should consider question 1; two groups questions 2, 3, and 4; and the other two groups should consider questions 5, 6, and 7.
- Choose one group to report on each of the assigned question groupings. The other groups may make any comments necessary to represent their own findings.

FOLLOW-UP ACTIVITY:

- As a follow-up assignment, ask students to write a letter of advice to a person who is afraid of catching AIDS because he/she thinks someone he or she works with might have it.

High School Activity Sheet 2

Civil Rights Issues in HIV Antibody Testing

In April, 1985 a test became widely available which shows whether or not antibodies to HIV are present in a blood sample. This test is used to screen all donated blood and blood products. Any blood sample which shows these antibodies is not used for transfusion. The test can also indicate whether, at some time in the past, an individual has been exposed to HIV. However, there are many questions about how the test and the results of the test should be used.

When a decision involves the public health, the rights of individuals are weighed against the needs of the public.

At this time, the New York City Department of Health finds that public identification of people with AIDS, or of people who have antibodies in their blood, would not help the general public.

> Because AIDS is not transmitted by casual contact, such as eating, drinking, sneezing, or shaking hands, people do not need to take any special precautions in relating to people with AIDS in social or work situations. Therefore, the public would receive no benefit from knowing which people have AIDS or have antibodies to HIV in their blood.
>
> The public identification of people with AIDS or people with antibodies to HIV in their blood would probably bring discrimination against these people at work, in school, in housing, in insurance. Therefore, the civil rights of these individuals must be carefully guarded.

However, there are still other questions:

1. Should blood donors be told that their blood tested positive?

   A positive test for the antibodies does not mean that these people will definitely get AIDS, only that they have been exposed to HIV. Should these people be subjected to the emotional stress of wondering if they have AIDS when nothing can be done anyway? On the other hand, these people may be infecting others. If these individuals know they have tested positive, they are better able to make decisions not to continue sexual or I.V. drug activities likely to transmit HIV.

2. Who beside blood donors should be tested? For example, should a test for HIV antibodies be required for a marriage license? (The military has decided to test all personnel.)

3. Should it be the responsibility of those in risk groups to apply for testing through their own doctors? In New York City, there are some HIV antibody testing centers where people can get the test at no cost, without giving their names, and with no one else knowing their results. Should more centers be set up to make testing more available?

4. Should agencies take information from people with positive tests so they can locate and inform their sexual partners or people with whom they have shared I.V. drug paraphernalia, or should that be the responsibility of the individuals?

5. What kinds of information should be recorded about the people who are tested? For example, should testing centers keep records of individuals, with names and social security numbers, or just statistics on the number of positive test results?

6. If records are kept, what agencies or individuals should have access to these records?

7. What measures can be taken to insure that the recorded information is not used to discriminate against individuals?

Directions: In your group, examine the related question(s) assigned by your teacher. On the lines below record which questions you are assigned, your recommendations, and the reasons for your recommendations.

Question(s)_____

We recommend _____

_____

_____

_____

_____

Because _____

_____

_____

_____

_____

_____

_____

Appendix F

AIDS Resource Information

A. HOTLINES

NEW YORK CITY

Department of Health: AIDS Information — **718-HTLV-111 (718-485-8111)**
Questions about HTLV-III, about AIDS, and about being at risk.
Monday through Friday, 9 A.M. to 9 P.M.

Emergency Medical Services — **911**

Gay Men's Health Crisis — **212-807-6655**
A 24-hour hotline, where counselors are available from 10:30 A.M. to 9 P.M., Monday through Friday. On weekends and after 9 P.M. during the week, a message can be left with the service and calls will be returned by a counselor.

Gay Switchboard — **212-777-1800**
Gay-related questions, information and referral.

IV Substance Abuse AIDS Information
Beth Israel Medical Center — **212-420-4141**
Monday through Friday, 9 A.M. to 5 P.M.

Lenox Hill Hospital — **212-794-2200**
"Mystery of AIDS" tape #3080, a five-minute recording.
Operator assisted.

Health and Human Services AIDS Hotline — **800-342-AIDS**
Recorded message

National Gay Task Force Crisisline — **800-221-7044**
A national hotline for AIDS resources *outside* of New York City and for reporting AIDS-related discrimination

Memorial Sloan-Kettering Hospital Suicide Help Line — **212-532-2400**
General problems and assistance.

National Hemophilia Foundation—Metropolitan Chapter — **212-682-5510**

New York City Runaway Youth Hotline — **212-619-0884**
Monday through Friday, 9 AM to 5 PM.

New York City Victim Services Agency Hotline — **(24 hours) 212-577-7777**

Pediatric AIDS Hotline — **212-430-3333**
Albert Einstein College of Medicine/Montefiore Medical Center

Suicide Prevention — **718-492-4067**
National Save-A-Life League, Inc.: recording

Suicide Prevention & Emergency Counseling — **718-464-7515**
"Dial for Help", Creedmore Psychiatric Center.
Telephone crisis counseling.

NEW YORK STATE

AIDS Institute 1-800-462-1884

New York State Department of Health

Monday through Friday, 8 AM to 8 PM; Saturday and Sunday, 10 AM to 6 PM
AIDS information: Ask for English tape #59, Spanish tape #61
HTLV-111 information: Ask for English tape #60, Spanish tape #62

AIDS Task Forces:

Information, education and referrals

Central—Syracuse	315-475-2430
Long Island	516-444-2403
Mid-Hudson Valley—Westchester	914-997-5149
Northeastern Area—Albany	518-434-4686
Rochester	716-232-7181
Southern Tier—Binghamton	607-723-8493
Western—Buffalo	716-886-1275

HTLV III Regional Counseling Programs:

Information, education, referral, counseling on HTLV III antibody test

Albany	518-457-7152
Buffalo	716-847-4520
Nassau	516-535-2004
New Rochelle	914-632-4133, x439
Rochester	716-423-8081
Suffolk	516-348-2999
Syracuse	315-428-4736

LONG ISLAND

Gayphone (Nassau) 516-585-0600

Thursday, 8 PM to 12 Midnight

WESTCHESTER

Westchester Gay Switchboard

Recorded message 8 PM to 11 PM	914-948-4922
AIDS Hotline	914-997-1614

NEW JERSEY

Central New Jersey Gay and Lesbian Switchboard 609-466-1980

Monday through Wednesday, 7 PM to 10 PM

Gay Activist Alliance of New Jersey Helpline 201-343-6402

7 PM to 11 PM

New Jersey Gay and Lesbian Coalition 201-596-0787

CONNECTICUT

Hartford Gay Switchboard 203-522-5575

New Haven Switchboard 203-436-4773

B. PRINTED MATERIAL

AIDS Institute 212-340-3388/518-473-0641
New York State Department of Health
Empire State Plaza
Corning Tower—Room 1931
Albany, New York 12237

A variety of pamphlets, wall posters and flyers available in English and Spanish

ARC (AIDS Resource Center) 212-206-1414
P.O. Box 782, Chelsea Station
New York, New York 10011

Beth Israel Medical Center 212-420-2069
Department of Public Affairs
First Avenue at 16th Street
New York, New York 10003

Flyers on AIDS for substance abusers in English and Spanish

Gay Men's Health Crisis 212-807-7517
P.O. Box 274
132 West 24th Street
New York, New York 10011

AIDS-related information, in English and Spanish, free-of-charge. Medical reprints, GMHC "Health Letter", *Medical Answers About AIDS*, ongoing media library

New York City, Department of Health 718-485-8111
Bureau of Public Health Education
125 Worth Street, Box 46
New York, New York 10013

AIDS-related information, in English and Spanish, free of charge, available in quantity

PWA (People with AIDS) Coalition
NEWSLINE
P.O. Box 197
Murray Hill Station
New York, New York 10156

A monthly newsletter by PWA's impacting upon the community and providing updated medical and alternative health therapy information

C. SPEAKERS

AIDS Medical Foundation 212-949-7410
230 Park Avenue, Suite 1266
New York, New York 10169

Bellevue Hospital Center 212-561-3201
27th Street and First Avenue
New York, New York 10016
Contact: Gretchen Harris

Can provide speakers on AIDS to substance abuse programs and staff

Beth Israel Medical Center 212-420-4247
Karpas Health Information Center
First Avenue at 16th Street
New York, New York 10003

Can provide speakers on AIDS to community and professional groups

Gay Men's Health Crisis 212-807-7517
P.O. Box 274
132 West 24th Street
New York, New York 10011

Can provide speakers on AIDS/ARC to community and professional groups with an emphasis on the psychosocial and medical aspects

Montefiore Medical Center 212-920-5444
Division of Infectious Diseases
111 East 210th Street
Bronx, New York 10467
Contact: Dr. Gerald H. Friedland or Dr. Robert S. Klein

Can speak to professional health care providers on all aspects of AIDS

New York City Department of Health 718-485-8111
Bureau of Public Health Education
125 Worth Street
New York, New York 10013

Can provide speakers on AIDS to community and professional groups with an emphasis on the medical and public health aspects

New York Physicians for Human Rights
P.O. Box 109
70 Greenwich Avenue
New York, New York 10011

People With AIDS New York 212-929-5741
c/o Arthur Felson
Box G 27
444 Hudson Street
New York, New York 10014

Speakers on personal impact of AIDS/ARC, out-of-state referrals, counseling and self-help referrals

People With AIDS Coalition
P.O. Box 197
Murray Hill Station
New York, New York 10156

Social Security Administration 212-264-9415
26 Federal Plaza, Room 31-120
New York, New York 10278
Contact: Jeff Woodcox

Speakers available on Social Security disability benefits

Urban Health Information and Referral Service 718-852-8042
Urban Resource Institute
22 Chapel Street
Brooklyn, New York 11201
Contact: Ron Davis

Can provide speakers on AIDS education to minority groups, I.V. substance abusers and community organizations in the borough of Brooklyn

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